



Heather Shares Her Success With Us!

By Heather Bonner

Hi, my name is Heather Bonner and I want to tell you what's new in my life! A few months ago I moved in with some people who are helping me learn things I need to know so I can get my very own place. I have learned how to cook a few things on my own, Dixie fry chicken is my favorite thing to cook, and everyone who has tried it likes it. I do my own dishes, and they are always clean as a whistle. I have my own room, and do a wonderful job

keeping it in top notch shape. I have learned how to do my laundry, and don't turn my clothes

those
weird
colors
anymore!

I also
have a
new job!

I work at Great Basin college, through Easter Seals, doing grounds maintenance and janitorial. I have made many new friends at work

and have learned how to mow the lawn really good. My neighbor at home even hires me to mow his lawn for extra money.

I have a new hair style and dyed it mahogany brown. It is easy to take

care of and my boyfriend says it's beautiful. We go on dates together all the time, and are planning a

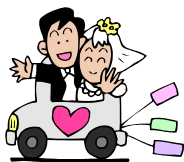
(See "Heather" on page 7)



Once Upon A Time.....Written by Melissa Walsh, RMRC

Once upon a time there was a gentleman who really wanted a girlfriend (enter Mark). One day he met the perfect girl (enter Juanita).

They fell in love and got married and lived happily ever after! Sounds sweet and it is almost all true. They did meet and they did fall in love but that was the easy part for this couple. Mark and Juanita have been dating for over a year and like every other couple in love they have had their problems. Jealousy reared its ugly head.



Luckily Positive Behavioral Support came into town and taught Team Mark how to help.

With some schedule changes and many many re-assurances that Juanita loved

only him they overcame jealousy. Mark and Juanita lived together with one other roommate, this was not a problem at first but it soon came to be. After looking at houses, houses and more houses Mark and Juanita are now the lucky renters of a beautiful two-bedroom home on the "tree" streets in Elko. Juanita and Mark hosted a

house warming party for all of their friends. Mark and Juanita's dream is to get married so they are both working really hard to save money. They have been successfully attending couples counseling. Juanita has recently purchased a gorgeous white wedding gown, complete with veil and train. These two have overcome boundaries that many people would have found it easier to quit. They continue to grow as a couple and as two people in love. So, one day soon this story will end with and they lived happily ever after!

Inside this issue:

RRC Vision
People have opportunities to have social connections and personal relationships, live independently, have meaningful work experiences, contribute to the community, have financial security, access expanding community options and choose competent, trustworthy supports.

To Your Holiday Health !	2
Adam Gets his Permit!	2
Kate and Eric Graduate!	3
Thank You to Providers!	3
Training Opportunities!	5
Inspiration Page!	6
Think About It!	7

ACCREDITATION SURVEY IN 2003

The word is getting out... Rural Regional Center will be applying for Network Accreditation from the Council by August 2003. That's only a year away. Here's some information.

- * The survey team from the Council will visit about 14 people and their support staff and families in several rural communities. They will pick these people from a list of everyone receiving supports from RRC.
- * Council team members will measure the personal outcomes and individualized supports for the



people in the sample using their interview process.

- * The Council team will ask how well RRC works with providers to make resources available and help provider staff learn about personal outcomes and how to support them for people.
- * The team will look at RRC's quality enhancement and business practices to determine if RRC has systems in place that assure health and welfare, personal outcomes, and

leadership from people served.

Several large meetings, including providers, people who receive supports, family members, and RRC staff will be scheduled during the week of the survey. These meetings are an important way the Council staff learn about our organization and what we are doing. Based on the Council's findings, they will give RRC either no accreditation (that *won't* happen), 2-year, or 3-year Network Accreditation. Accreditation formalizes the fact that services in rural Nevada meet quality standards. You'll be hearing more as the year goes by.



Just a Quick Thought About the Road to Success! Author unknown

The air we breathe is so freely available that we take it for granted. Yet without it we could not survive more than a few minutes. For the most part, the same air is available to everyone, and everyone needs it. Some people use the air to sustain them while they sit around and feel sorry for themselves. Others breathe in the air and use the energy it provides to make a magnificent life for themselves.

Opportunity is the same way. It is everywhere. Opportunity is so freely available that we take it for granted. Yet opportunity alone is not enough to create success. Opportunity must be seized and acted upon in order to have value. So many people are so anxious to "get in" on a "ground floor opportunity," as if the opportunity will do all the work. That's impossible.



Just as you need air to breathe, you need opportunity to succeed. It takes more than just breathing in the fresh air of opportunity, however. You must make use of that opportunity. That's not up to the opportunity. That's up to you. It doesn't matter what "floor" the opportunity is on. What matters is what you do with it.

THE FUTURE'S SO BRIGHT HE'S GOTTA WEAR SHADES!! by Denyse Lizer HHDS

Remember that song? Well, that is how Adam Zamora in Winnemucca feels today. In March Adam and his team got together, as they do on a quarterly basis. Adam's mom brought it up first. She said "Why don't you get your driver's permit? If you do, I'll help you learn to drive." It sounded like a great idea, especially since Adam really does not like to ride the public transit bus. So, staff and Adam agreed on times to meet so that he could study. In May we had a change in support staff. Tami Stoddart, Direct Support Coordinator for Humboldt Human

Development Services started working with Adam. At first they studied together once a week. He bravely took the written test and didn't pass, missing only a few too many. He wasn't discouraged though. He and Tami decided they would study twice a week, and tried again. This time he missed by just a couple of questions. During this time Tami had been watching and analyzing how Adam learned, and what he missed vs. what he knew when they



studied together. Being the imaginative, creative and energetic professional that she is, on her own time she developed a customized program for Adam consisting of visual aides, a structured learning plan and a specific time period for study. It absolutely worked. He sailed in, took the test and passed with flying colors. And is he proud!!! Here he is in his mom's truck, ready for his first practice run. Better put those shades on Adam. Your future sure is BRIGHT!!!

RRC Say's Goodbye to a Valued Partner!

This past Summer Linda Small took over the reigns at Sonoma Industries in Winnemucca. Although the past few months have had their ups and downs, Linda has worked diligently to make sure that people receiving services were provided with the best service possible. Linda has made improvements to the Thrift Store that have resulted in increased revenue for Sonoma and much better pay for the people working there.

Linda made the decision this past November to leave Sonoma Industries in order to spend more time with her family. Although her absence will be felt by all, we all wish her the best. Thanks Linda, It's dedicated persons such as yourself that help to assure superior services for people receiving services in Rural Nevada.

Behavioral Consultation Available to Families and Providers

Many children and adults have behavioral challenges that can result in frustration for themselves and caregivers. These challenges sometimes result in fewer learning opportunities, need for intensive supervision, poor relationships with others, or fears of failure in community settings. Positive Behavioral Supports – Nevada (PBS NV) has received a grant through the tobacco settlement that pays for behavioral consultants to work with local caregivers, educators, providers and family members to develop positive support plans for individuals with behavioral challenges. Research supports the use of PBS strategies to reduce problematic behavior and increase alternative adaptive skills that enhance the



quality of the person's life as well as the lives of those who care for and support the person. The only prerequisite is the development of a team of committed people who support the individual in

his or her life and who are willing to work with the consultant over a period of time. So far, over 200 people have participated on PBS-NV teams that have improved the lives of 39 focus individuals. In rural Nevada, 66 people have worked on behalf of 13 people who have behavioral challenges. If you or someone you know are interested in this process, contact your service coordinator at RRC or call Jeannine Sherrick at PBS-NV, 775-333-

SUPPORTED LIVING PROVIDERS TAKE ACTION TO FREE UP RESOURCES FOR PEOPLE IN NEED

by Marcia Bennett

Governor Guinn's 3% budget cuts for all state agencies resulted in severely reduced resources for additional SLA services this fiscal year. People waiting for SLA services would have to wait an additional year. In addition, regional center budget cuts eliminated resources for emergency community living contracts for people at risk for institutionalization. The outlook was bleak, not only in rural Nevada, but statewide.

Rural Nevada SLA providers responded to a call from RRC to examine contracts, work with people receiving services, and



become more efficient in the delivery of those services. As a result of the efforts of providers, we have reduced the average costs of SLA services and will be able to provide some essential services this year.

One result is that three people who must move from Sierra Developmental Center due to the downsizing of that facility will be able to move to rural communities nearer their families.

RRC wishes to thank EduCare

Community Living Corporation, Ormsby ARC, Harmony Homes, Sonoma Industries, Humboldt Human Development Services, REM, and Lifeskills for their cooperation and out-of-the-box thinking during tight times. Individual thanks go to Khristy Stewart, Mary Winkler, Carolyn Jackson, Linda Small, Denyse Lizer, Char DiBello, and Ken Puckett for their leadership and vision. And a huge thank you goes to all the people who provide direct support to people using SLA services. These individuals were hit hardest by the changes. RRC appreciates you all!

Way to Go Kate and Eric! Chrys D. Vildibill

Congratulations to Kate McCloskey and Eric DeWitt-Smith!! They have successfully completed their annual certification to conduct the PLANNING WITH PERSONAL OUTCOMES workshop. Many of you may have already had the pleasure of attending one of their workshops.

We spent time reworking parts of this workshop. It now is three days instead of four and we made some changes so more time can be spent on the actual outcomes. The exciting

thing that we changed was a follow up day for all participants. Within three months of the training, Eric and Kate will bring back participants for a follow up day to support you in utilizing what you learned. They will also ask you what changes you think that your organization needs to make in order for this Person Directed Planning to work. Only you can help us with this and YOU



CAN MAKE A DIFFERENCE!!!

At the end of 2003, Sierra Regional will be going through accreditation again. Rural will also go for their accreditation about the same time. The skills Eric and Kate are teaching to you are invaluable in supporting people in the life that THEY choose. This is extremely important in your pursuits for accreditation.

Thank you Eric and Kate for making my time in Nevada a good one!

Take the Time to Think About Your Health During the Holidays! By Linda Suzzanne

This upcoming season of celebration and family gatherings is an opportunity to share food, favors, and fun. With colored lights blinking, bells chiming, and music playing, there is often the unrealistic expectation of creating a perfect holiday, which produces stress.

Tips to control holiday stress

recommended by local psychologists and a western state mental health association have included the following;

~ Realize that we can't imitate the kind of Norman Rockwell image of Christmas/ Thanksgiving. Ask yourself what you like to do and who you'd like to be near. If a different day works better, or you'd feel better doing a picnic,

then plan it that way.

~ Size is not important, small is OK. Who you spend time with IS important.
~ get enough sleep (7-8 hrs/night)
~ eat balanced meals which include meats or dairy, grains, vegetables & fruits, and eat slowly sitting down...an alternative to 3

(See HEALTH on page 8)

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say, or do. It is

more important than appearance, giftedness, or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day.

We cannot change our past. We cannot change the fact that people will act in a

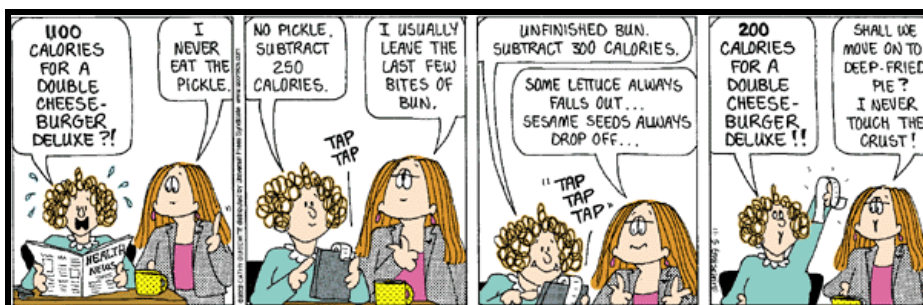
certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes.

"THERE'S NO PLACE LIKE HOME!" by Denyse Lizer, HHDS

And Maria Guadalupe Martinez really knows the meaning of that phrase. Maria had lived in her father's home in Winnemucca with several sisters and brothers for years. It was an active place, with family members and their friends in and out all the time, and all the mess that goes with a large, busy household. Maria had talked about moving into a place of her own on more than one occasion, but had said she was afraid. Humboldt Human Development Services staff always assured her that when she was ready, they would be there to support her. Well, the time came when Maria really wanted a place of her own. Staff took Maria around town to

look at various rentals, duplexes, houses, apartments and mobile homes. Maria found one that she fell in love with. It is a new apartment complex built in Spanish style; small, cute and the price was right. Staff supported Maria in doing an inventory of what was hers that she could move to her new home, figure out what she needed and purchase it. When the day came staff and friends all pitched in to help her move. I think at one time there were two big pick-ups, one mid-sized pick-up and two cars in use. Maria will tell you that the first few nights in her own apartment alone at night were a little spooky. Staff worked out some strategies to help her,

like listening to her music, lights on, etc. Staff Tami Stoddart also gave Maria her home number and told her to not hesitate to call if she was afraid.. But now, she says she will never move back to the family home. She has decorated her home exactly as she likes it, and it is really cute. She always knows that when she comes home from work it will look just like she left it, and the leftovers from the night before will still be in the fridge for her to eat. She says she can even run around in her underwear if she wants to! So for Maria there really IS no place like home!!



TRAINING OPPORTUNITIES IN PROGRESS AND ON THE WAY!

Positive Behavioral Supports, Nevada (PBS NV) is underway in Carson City. RRC service coordinators, provider case managers and direct support staff, teachers, parents, recreation providers, counselors, and others have formed teams that focus on seven individuals who have challenging behaviors. The focus teams are gathering information in order to develop a positive behavioral support plan to assist these individuals to improve their quality of life in the community. Teams are working hard, and their commitment and creativity is evident. The workshop meets one day a month through February, with a final

celebration day March 5th.

Kate McCloskey is scheduling *Planning with the Outcomes* workshops

in rural communities. The first workshop will be in Carson City starting November 19 and is being co-sponsored by EduCare. The workshop takes

three days, with a one-day follow-up session a few months later. Class time can be scheduled in partial days and spread across time as needed to meet participant needs. *Planning with the Outcomes* teaches person-directed planning strategies for provider staff and case managers. If you are interested in a



workshop in your area, call Kate at 775-687-5162.

CHRYIS IS COMING BACK!

Chrys Vildibill from The Council will be coming back to rural at the end of April to help provider staff get ready for Network Accreditation. RRC will be having its Network Accreditation review in August 2003. Chrys is looking forward to seeing old friends and making new ones as she answers questions about the accreditation process and works with providers to prepare for The Council's visit. She will offer training workshops in Elko on April 29 and in Carson City on April 30. Exact times and locations will be provided later. We hope that many provider staff can attend the workshops and participate with Chrys.

A Heads Up from Hawthorne

On May 15, 2002 Adona Johnson, Florence Lambert, Erin Nixon, Mary Powell, Mike Pressey, Nick Talamante, Bruce VanLuven and Anna Waddell were invited to a Picnic at Mt. Grant General Hospital for Hospital Appreciation Day. They each received a "Certificate of Appreciation" and a "Volunteer Pin" This is the third year all have received recognition for their volunteer work at the hospital. Way to go guys!

Nick Talamante is now volunteering two mornings a week independently at Mt. Grant Hospital.

Mike Pressey attended his cousin's wedding this

past August. He was in charge of the guest book, and he also caught the bride's garter.

All employees of Tri County CTC attended an Elvis Presley impersonator concert at Mt. General and a great

time.

We are looking forward to a busy Winter season in our Clothesline thrift store.

If you happen to be in the Hawthorne area feel free to stop by for a visit.



Ever Think There is Just Not Enough Time in the Day to Get Things Done?

Where do we start? People tell me about their work, relationship, family, exams, etc., and how difficult it is to handle situations, emotions, and pressures. I too share my own ups and downs with my friends.

We never could provide each other answers, but we sure know that ultimately we will overcome them or rather we have to. It is indeed important to plan for the future but it is important to also

understand that achievements take time. As one proverb goes "... a journey of a thousand miles starts with a single step..".

I believe it is better to handle things at one's own pace then to plunge into it. We just have to concentrate on the building pieces of our lives, one at a time. Go through adversities, one at a time. Solve our problems, one at a time. Go through life, one step at a time. Beautiful paintings that have



taken their place in history were not painted in a day, in a week, or in a month. It took time. Each brushstroke was just a little foundation on which a masterpiece rested. Similarly our lives are also a function of many single strokes.

Let's handle these strokes, one at a time.

Copyright © 2000 Hari Senthil

Inspiration Page!!!

A handful of patience is worth more than a bushel of brains.
Dutch Proverb

Remember that what you believe will depend very much on what you are.
Noah Porter

Turbulence is life force. It is opportunity. Let's love turbulence and use it for change.

Ramsay Clark

It is in his pleasure that a man really lives; it is from his leisure that he constructs the true fabric of self. **Agnes Repplier**

" If the intention behind a kind act Is merely acceptance from those around you, It is no longer an act of kindness."
--- Copyright © 2000

" Do not wait for a light to appear at the end of the tunnel;
Stride down there and light the bloody thing yourself."

" What we see depends mainly on what we look for."
--- Author Unknown

Generosity is giving more than you can, and pride is taking less than you need. **Kahlil Gibran**

" Look around... It's not about making a living, but rather making a life."
--- Author Unknown

The whole problem with the world is that fools and fanatics are always so certain of themselves, but wiser people so full of doubts. **Bertrand Russell (1872 - 1970)**

" Great help is best compared to a Notice Board. It has always had lot of people looking for something on it and doesn't expect anything back."
--- Copyright © 2002

" Only we can choose how great of an impact our actions have on others, So choose something that does not discourage, but rather inspires."
--- **Aimee P.**

" It's never where your going....
It's where you are, when time runs out!"
--- Copyright © 2001

" I have come to believe that everyone is weird. Some just choose to hide it better than others. If someone tells you that you're weird, take it as a compliment. It simply means that you have a unique point of view and have the ability to see something in a way that most can't."
--- Written in 2002 by Chantal P., --
- Grand Cayman, Cayman Islands

" If you have a dream, write it down.
If you do not write it down
You do not have a dream - you have a wish."
--- Copyright © 2000

" The right angle to approach a difficult problem is the try-angle."

" The biggest challenge in life is to bring a dream to life."
--- Author Unknown

" It's time to put the FUN back in dysfunctional."
--- Author Unknown

" Some people carry on As though chasing their dream is a matter of life and death.
I don't like this attitude. I assure them, it is far more serious than that!"
--- **Michael Dayes**

" Any step toward making a dream come true is an important one.
But imagine how much you'll accomplish if you take a real leap of faith
And give your dream everything you've got."

" Life is not a rehearsal, it is the real thing!"
--- Author Unknown ---

" When was the last time someone said "Wow" after interacting with you?"
--- Author Unknown

WHO PACKED YOUR PARACHUTE?

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason.

Charles Plumb, a US Naval Academy graduate, was a jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

"How in the world did you know that?" asked



Plumb.

"I packed your parachute," the man replied.

Plumb gasped in surprise and gratitude. The man grabbed his hand and said, "I guess it worked!"

Plumb assured him, "It sure did.

If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb kept wondering what the man might have looked like in a Navy uniform. He wondered how many times he might have seen him and not even said good morning, how are you or anything, because you see, he was a fighter pilot and the man was just a sailor. Plumb thought of the many hours that sailor had spent in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he did not know.

Now Plumb asks his audience, "Who is

packing your parachute?" Everyone has someone who provides what they need to make it through the day.

Plumb also points out that he needed many kinds of parachutes when his plane was shot down. As you go through your week, month, and even New Year, recognize the people who have packed your parachute and enabled you to get where you are today!

Kick the Procrastination Habit

by Maria Gracia

"I'll get to it--when I get a chance."

You know what that means, don't you? You'll never get to it! Here are 8 simple ways to kick the procrastination habit and start getting things done.

BREAK IT DOWN. Seem overwhelming? Don't look at everything as one big project. Break goals, projects or tasks down into small parts. Assign a specific deadline (date and time) to each part.

WRITE IT DOWN. Make it official by recording on paper, what needs to be done. When it's written down, it's more concrete, and there's a greater chance you'll start and complete it.

TELL SOMEONE. Tell a friend, associate or loved one what your plans are. Discuss decisions that need to be made with others. Ask a friend or associate for some ongoing motivation. Sometimes an outside perspective may be all you need to get started.

SCHEDULE. Establish a regular time each day to work on your goal, project or task.

USE PROPER TOOLS. Organize your environment, complete with the tools you need, so it is conducive to working.

POST REMINDERS. Keep your goals in front of you. Post reminders of your goals and deadlines where you can constantly see them.

I'LL ONLY DO THIS, IF I

COMPLETE . . . Make something you normally do and enjoy contingent upon doing the avoided task. For example: "I will not watch my favorite television program until I complete Part A of my project." -- By the way, no fair cheating!! :-)

SET REWARDS. Set rewards for your ultimate goals and mini-goals. You'll constantly have something enjoyable to look forward to.

Ryan Puts on His Walking Shoes and Lends a Helping Hand to His Sister

Ryan Romo is a 10 year old young man who lives in Winnemucca with his father and older sister. Ryan loves his family very much, and proved this on October 12th when he helped his sister and the Girl Scouts out by participating in their Walk-A-Thon for Juvenile Diabetes.

Many might think that this feat is not worth mentioning, but those who know Ryan well would have to disagree. Ryan has Cerebral Palsy, and only learned to

walk about three years ago. Since then, Benny Romo (Ryan's Dad) can't seem to slow him down. Ryan's sister Rachel is a member of the Girl Scouts of America, and was instrumental in arranging this walk-a-thon. Rachel was looking for volunteers to participate in this worthwhile event, and Ryan was up to the challenge.

Way to go Ryan! You are proving day in and day out obstacles are meant to be challenged.



Ryan completed over one and 3/4 miles of the walk

(Heather from page 1)

camping trip in Jarbridge.

I enjoy listening to music, riding my bike, watching movies, talking to my boyfriend on the phone and participating in Special Olympics. I went to the summer games in Las Vegas this year and I was picked to stand up on stage and say the Special Olympic pledge. It was a little scary, but I did a great job. I am proud of everything I have accomplished in the past few months. I will be getting my own place sometime around my 21st birthday in November. What a great way to turn 21.



RURAL REGIONAL SERVICES

Send Correspondence to:
William J. Hammargren, Editor
475 W. Haskell St.
Winnemucca, NV 89445

Phone: 775-623-6593
Fax: 775-623-6594
Email: wmhammar@hotmail.com

Partnership Through Leadership!

(HEALTH from Page 4)

meals/day is "grazing" on smaller portions of healthy foods from these groups throughout the day.

- ~ take vitamins including a stress complex tablet

- ~ Avoid excessive caffeine (which depletes B vitamins)

- ~ plan and schedule regular exercise 3-5 times a week for 20 -30 minutes

- ~Recognize that excessive alcohol (over 1 hard drink for women/day or 2 glasses of wine or beer, and over 2 hard drinks for men/ day or 3 beers) causes increased stress (also depleting B vitamins). Alcohol also causes depression after the first 10 minutes.

- ~take care of yourself by making an appointment to do something you enjoy. Look for the beauty and wonder you can access.

- ~ don't shop for gift or supplies at the last minute. Start early and accumulate your gifts, or some of them gradually...try catalog or web site shopping.

- ~ stay out of smoke and perfume filled rooms as heavy or pungent aromas can trigger headaches.

- ~ for people living alone, volunteering in local civic, school, or religious functions can be way of meeting others, and changing their environment. Christmas caroling is a long established ritual that has a variety of people

to celebrating with voice and song. State and federal parks have walking tours through out the year for free or limited admission. Check the local newspaper for listings.

- ~ depressed and/or lonely persons need to stay busy doing crafts, running errands or filling delivery orders. Outdoor decorations and light displays are a good reason to start a "buddy system" for routine walking. Visiting art galleries and/or museums, joining bird watching groups or sewing clubs are also options in most communities. Stress can cause some of the same symptoms as depression (sleeping too much or not enough, waking in the middle of the night, appetite changes, irritability, restlessness and/or melancholy), but is of a shorter duration. Stress can increase vulnerability to illness and accidents. Many employers now address the issue of holiday stress.

Getting through the holiday season without adding body weight takes paying attention and making adjustments. Dark turkey meat is higher in fat, as well as stuffing baked inside the bird. Having salad dressings and/or gravy on the side allows opportunity to limit the saturated fats. Substituting a fruit sauce for the gravy is less fat. A mixed green salad is especially refreshing with fresh fruit and herbs. Spinach, kale, and chard have twice the Vitamin A as other green vegetables, and increase flavor

sensations. Lemon and/or limejuice and grape oil dressing offer less fat. If you choose a high fat food to pleasure your taste buds, serve a much smaller portion.

Food safety is a big concern with volunteers helping to do the meal preparation. Washing hands 2 minutes under running water, before handling food is critical; as is washing hands and chopping boards after handling raw meat, fish, poultry, pork or eggs. Wooden cutting boards are difficult to sanitize, use the smooth plastic kind you can run through the dishwasher. Cook pork well done. Purchase and use a meat thermometer. Cook the dressing separately outside the bird, or wash the inside of the bird before stuffing, and remove the stuffing to a clean bowl after cooking. Make sure children and others assisting in the kitchen or handling plates also follow these guidelines. Food left out at room temperature more than 2 hours starts growing bacteria. Serve hot foods hot and cold foods cold.

Finally take a 1/2 hr. stroll with your company (or alone) down the street within 1/2 hr of finishing your meal. It will help celebrate the day, burn off some of the calories you consumed, and make you feel more satisfied.